

Cowboy Casserole (recipe from www.5aday.gov)

Ingredients:

- ♣ 1 onion, chopped
- ♣ 1 lb ground turkey, browned and drained
- ♣ 6 small potatoes, sliced
- ♣ 1 medium red pepper, diced
- ♣ 1 medium green pepper, diced
- ♣ 1 garlic clove, minced
- ♣ 16 oz. can kidney beans, drained
- ♣ 15 oz. can diced tomatoes
- ♣ 2 Tbsp. flour
- ♣ 1/4 tsp. pepper

Preparation Time: 6 hours

Directions: Layer onions, ground turkey, potatoes, garlic, peppers, and beans in slow cooker. Spread tomatoes over all, sprinkle with salt and pepper. Cover and cook on low for 5-6 hours or until potatoes are tender.

Serves: 6 people

Nutrition:

Nutrition Facts	
Cowboy Casserole	
Serving Size 1/6 of recipe	
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Amount Per Serving	
Calories 240	Calories from Fat 10
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% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 30mg	10%
Sodium 450mg	19%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 6g	
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Protein 26g	
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Vitamin A	30%
Vitamin C	140%
Calcium	8%
Iron	15%
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* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0 Vegetables: 1 Meat: 2 Milk: 0 Fat: 0 Carbs: 2 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

This recipe provides **1.0** fruit and vegetable servings per person.